

Drama as therapy

**Lecture about the course Dramatherapy at
NHLStenden, Leeuwarden, the Netherlands**

**Brno, 8-12-2021
Marius den Otter**



Dramatherapy vs Educational drama

- What is the difference?
- What can I use?
- Where is the thin line between them?



Agreements during the lecture

- Ask questions during the lecture
- also for translation
- Tell me if we need a short break



Agreements during the lecture

- Zastavte mě po 120 minutách (nebo jen odejděte)



Programm

- Professional Tasks Art-therapist
- Clinical process Art therapy
- Working *in* the art
- Art – therapeutic triangel
- Acting for real; 5 phases
- Assessments in Dramatherapy
- Treatment, methods, interventions
- Dramaskills of a dramatherapist

Definition FVB (Dutch federation of art-therapy)

- Art therapy is a way of treatment for people with a mental illness or psychosocial problems.
- Focus is more on *doing* and *to experience* then on *talking*

Differentiations

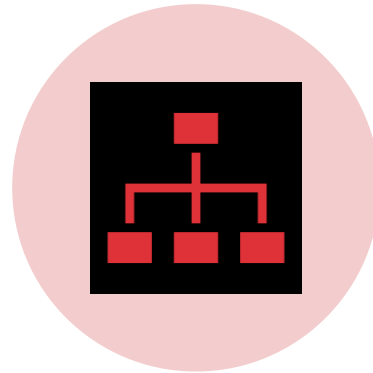
Art-therapy

- Art
- Drama
- Music
- Psycho-motor
- Dance
- Play

Professional tasks Art-therapist



**CLIENT-ORIENTED
TASKS**

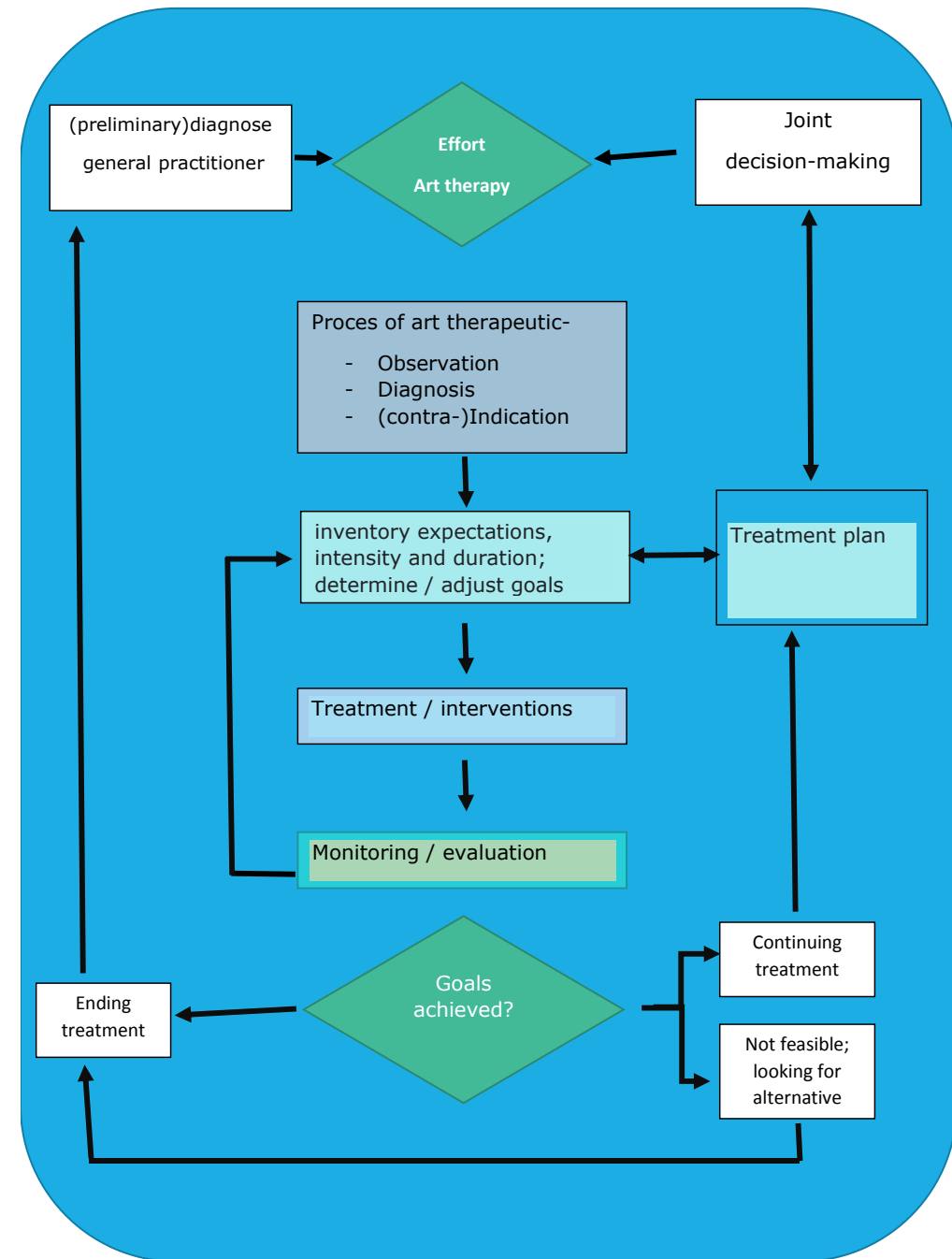


**ORGANIZATIONAL
TASKS**



**PROFESSION-ORIENTED
TASKS**

Clinical process Art - therapy



Clinical process Art - therapy

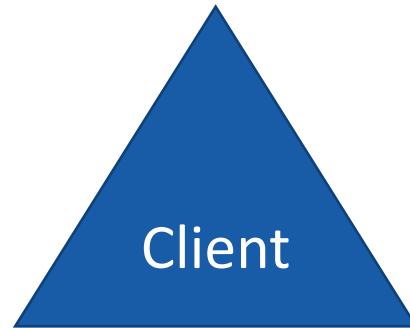
- Observation
- Diagnose / indication
- Treatment (plan)
- Effect



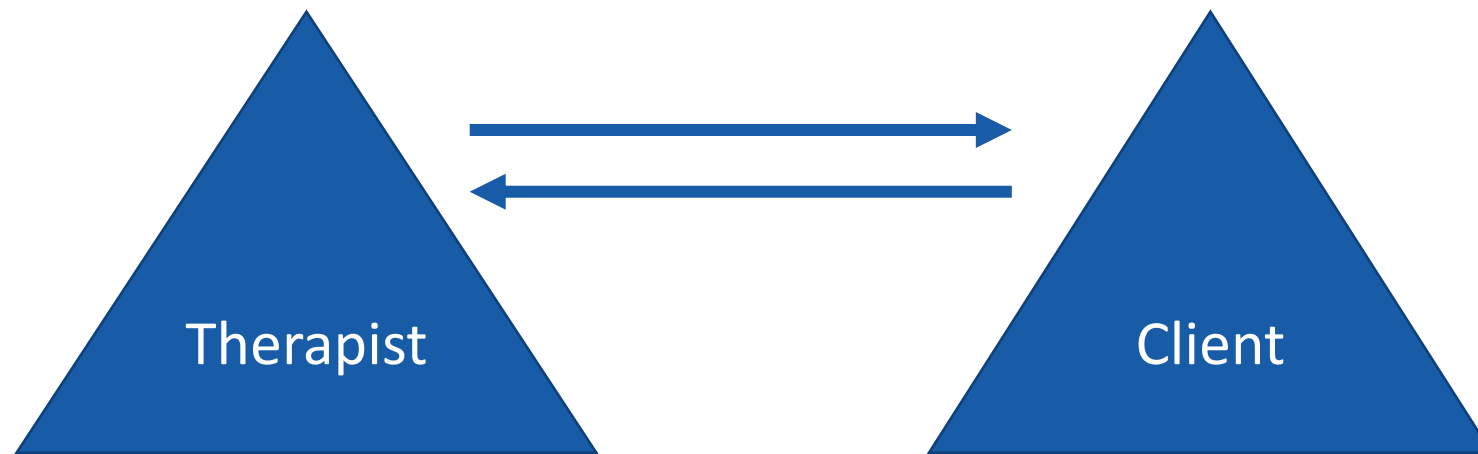
Working *with* and *in* drama

- Parallel proces vs analoge proces
- The fictional context and the real feelings
- *over-* and *under*distancing

Art – therapeutic triangel

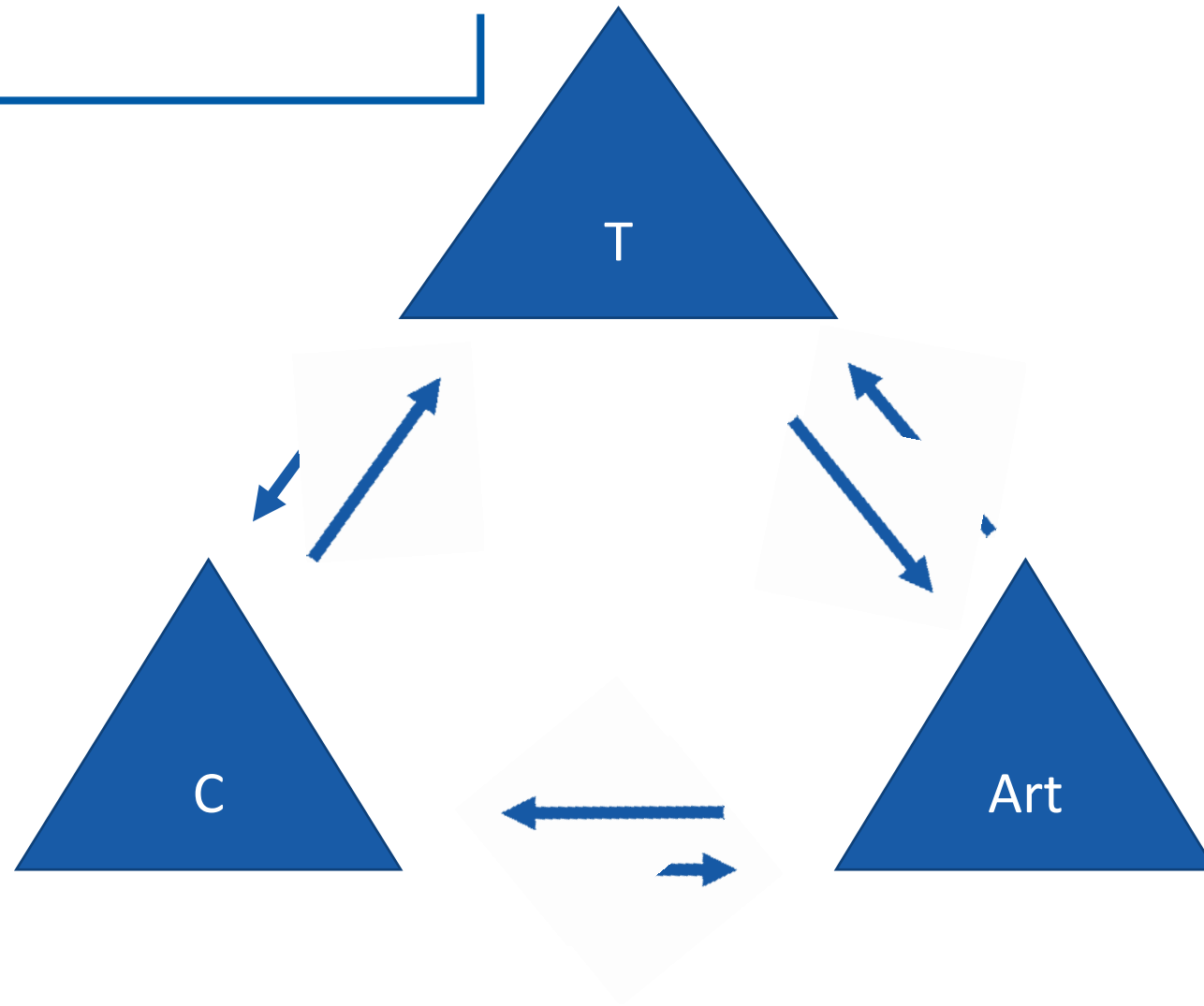


Art – therapeutic triangel

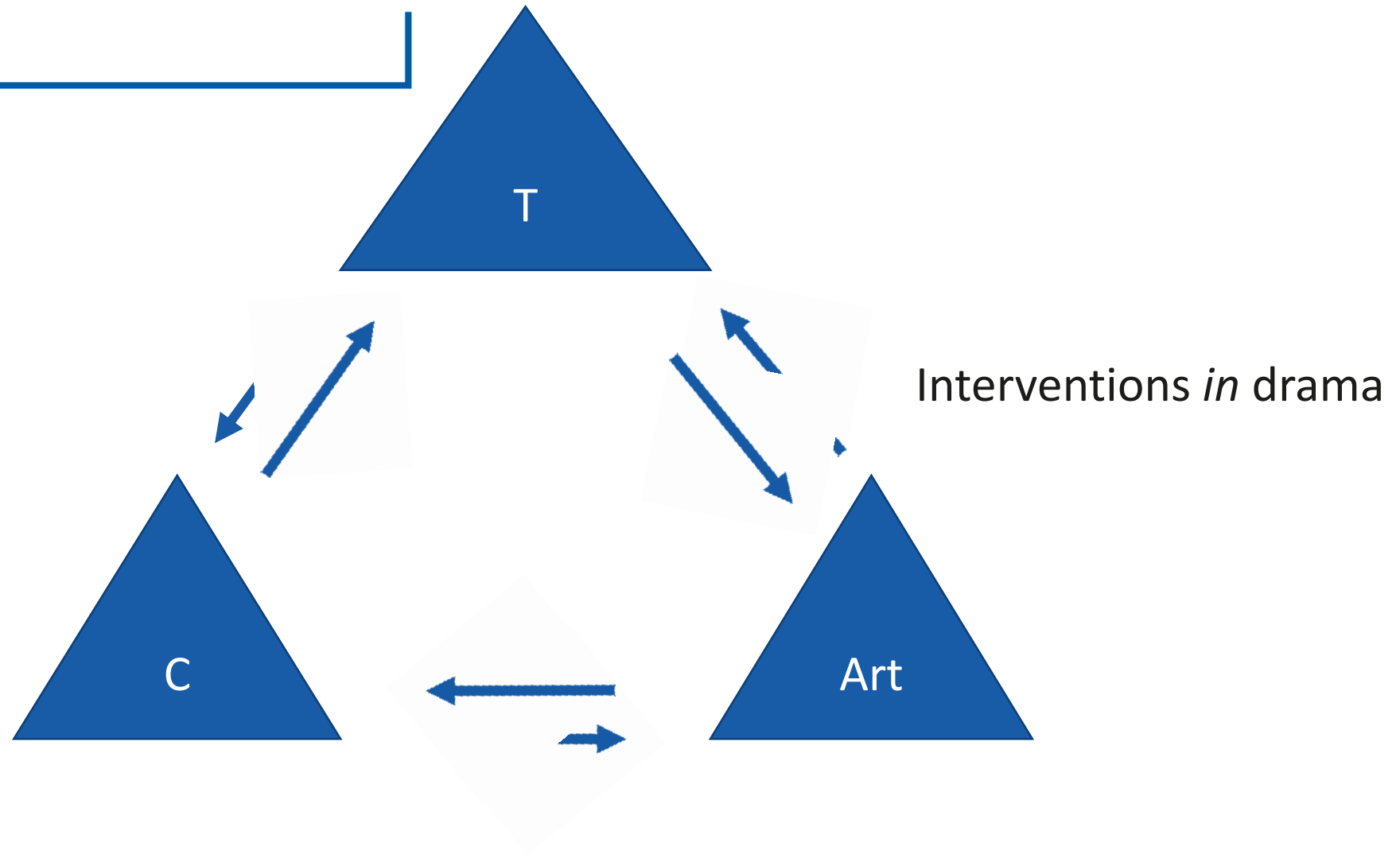


Therapeutic relation
Interventions
(counter-)transfer

Art – therapeutic triangel



Art – therapeutic triangel



Dramatherapeutic process

1. Dramatic play
2. Scenework
3. Roleplay
4. Culminating enactment
5. Dramatic Ritual

(Emunah, 1994)

Assessment in dramatherapy

What is important to pay attention to if I want to investigate whether an intervention is suitable for my client?

Assessment in dramatherapy

<i>Inside drama:</i>	<i>Outside drama:</i>
Structure vs improvisation	Emotional expression and intelligence
Therapist's position	Resistance
Embodiment	Functioning in daily life
Emotion – expression	traumas
Proximity to the roll	Neurology

Treatment in dramatherapy

**Why should change happen
in dramatherapy?**

Treatment in dramatherapy

**Why should change happen
in dramatherapy?**

Transdiagnostic factors

Treatment in dramatherapy

Why should change happen in dramatherapy?

Core-processes (Jones, 2007)

9 core processes (Jones, 2007)

1. Dramatic projection

2. Therapeutic Performance Process

3. Empathy and distancing

4. Personification and impersonation

5. Interactive audience and witnessing

6. Embodiment

7. Playing

8. Life-drama connection

9. Transformation

Learning outcomes in drama

The student is able to

- move freely in drama
- to independently research and analyze his or her own work

Exampels drama- methods

Puppetry, Masks,

Theater of the Opressed (Boal)

Roleplaying (Landy)

Greek drama

Playback Theater

Developmental Transformations

Storymaking & storytelling (Campbell's 'the Hero's Journey')

Narradrama (Dunn)

Improvisation

....

Workshop 8~10-12-21

Idea's of Eric Vos, director of *De Appel*

i.c.w.

Method of Helmert Woudenberg

Actor of *Het Werktheater*

Just curious...

Dramatherapy vs Educational drama

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Just curious

Was it o.k.?